

SHELBY COUNTY
GOVERNMENT

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COMMUNITY RESOURCES

American Red Cross
901-672-6347

Memphis Child
Advocacy Center
901-525-2377

Support and Training For
Exceptional Parents (STEP)
800-280-STEP

Health & Human Services
Info Dial 2-1-1

Mid-South Food Bank
901-527-0841

Neighborhood Christian
Center 901-323-4092

Network for Overcoming
Violence & Abuse (NOVA)
901-222-3990



“Help is here”

A department of Shelby County Division of Community Services, JCFN is a federally funded grant program through SAMHSA, administered by the TDMHSAS.

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JANUARY 31, 2014

Women on the Move

February is designated as the national [Go Red For Women](#) month to spread awareness about heart disease. This

month also marks the launch of the [Memphis Circle of Love and Care](#) (MCLC), a sustainability initiative through Just Care Family Network to empower

women to take charge of their body, mind, and spirit. The program kicked-off on February 3rd at the Emotional Fitness Center of TN as part of a 12-week series. “It’s like having sisters that I’ve always wanted,” said MCLC

member Rhonda Cox. “The excitement in the room on the first day was such a rush,” said Loice Jones,

just excited to see us on the move,” said Jeffrey Neely.



Memphis Circle of Love & Care members pictured with Dr. Altha Stewart and Pastor Dianne Young

“It is just so rewarding to see these women come together to support each other in this way and I know they will accomplish

“We were all thrilled to be together and starting a new chapter in life.” Members who helped pioneer the program were glad to finally see fruits of their labor. “We’ve waited to start this new journey for so long and I’m

their goals,” added JCFN Executive Director Dr. Altha Stewart.

Learn more about MCLC on Page 5.



From the Director’s Desk

HAPPY NEW YEAR ! The New Year always brings such a sense of promise of better things to come and 2014 is shaping up to be no different. I want to let you all know the sustainability workgroup has been working overtime to review the entire project and come up with recommendations for what will be proposed to continue after the ‘official’ grant funding ends in September. We are well into our sustainability planning, having just completed our carryover request to the state. Included in this year’s submission are more training for families, youth, staff and partners to assure that the sustained components continue spreading the word of wraparound and system of care throughout this community. Family members will also be supported in

seeking state certification as family support specialists so they can formally work in the system as the SOC philosophy and practice expands throughout the child serving system in Shelby County. And elsewhere in this issue you’ll see the accomplishments of our newest support group, *Memphis Circle of Love and Care*. They’ve been planning for almost a year and now that it’s finally launched I couldn’t be prouder of these ladies. We also hope to offer special programs for the young males and females to help them deal with some of the issues they face every day. Plans are underway for the creation of the local family organization and with the help of our newest contracted partner, The Emotional Fitness Centers and the national Technical Assistance Network we expect that the design work will begin shortly. Our youth council is organizing and starting to plan its work for the remainder of the year. The FSPs are seeking their state certification and the

MHCs are engaged in Trauma Focused Therapy to continue offering the best possible care to the many children here who have been exposed to and experienced trauma. We intend to learn from others by collaborating with other sites in the state to work on establishing cultural and linguistic competency standards for this community to assure all providers understand that good quality care is based on understanding the culturally acceptable health and wellness beliefs and help seeking behaviors of each individual in the community. The number of community partnerships continues to grow (now over 30 signed MOAs!) and our regular joint meetings with DCS and juvenile court are going well as we work together on cases we share. We’ve still got a lot of work to do but for now,

Think Sustain!

Caregiver Training Opportunity

As a family driven system of care, part of Just Care Family Network's sustainability depends on YOU! It is up to parents and youth to take the torch when federal funds are gone. Over the life of the grant, our goal has been to advocate, educate, and empower families through resource linkage and trainings. In April 2014 parents and caregivers will have the unique opportunity to take part in the Professional Competency Training. The FSS Professional Competencies course is required for certification as an FSS by the TN

Department of Mental Health and Substance Abuse Services. TVC and NAMI TN developed and own the curriculum, but do not have the authority to certify. For those parents interested in this training opportunity, please mark your calendars NOW as space and funds are limited. This is your chance to work towards becoming a certified FSS. The Professional Competency Training is a three-day training beginning **April 9-12, 2014** in partnership with TVC and NAMI-TN. The course is provided from 9 a.m.-4:30 p.m. with an hour lunch break on 3 consecutive days and includes the FSS

Professional Competencies manual, practice tests and final competency test/trainer evaluation. Our selection process will be done based on the JCFN family engagement criteria. For more information please contact 901-222-4500. I look forward to hearing from you soon.

*Best regards,
Gary Richmond
JCFN Lead Family
Contact*

“YOU
CAN'T
HEAL WHAT
YOU
REFUSE TO
CONFRONT.
..HELP
IS HERE”

JCFN Staff...serving and supporting



JCFN Family Support Partner Supervisor Kristina Wirt (left) and Wraparound Facilitator Supervisor Emma Martin (right)

Just Care Family Network staff provides a system of care in Shelby County using a Wraparound approach. Our staff work in teams or dyads consisting of a Wraparound Facilitator and Family Support Partner. Each month “Help is Here” highlights a JCFN dyad. This month we would like to highlight and share more information about our supervising team. Kristina Wirt has served as the Family Support Partner Supervisor since October 2012. She

holds a B. A. in Sociology from the University of Memphis, and M. A. in Human Services from Liberty University. Wirt is also currently working on a second M.Ed. in School Counseling. She recently married and has two sons who she said keep her busy. She enjoys spending time with her family, shopping, and says she has a love for shoes. Emma Martin attended LeMoyne Owen and the University of

Memphis. Martin has served as the Wraparound Facilitator Supervisor with JCFN since 2010. She has more than 30 years of experience working in various capacities in the mental health service delivery system and says that she still enjoys serving the community every day. Martin has four daughters and six grandchildren and enjoys family, friends, books, puzzles, and learning and experiencing new things.

Highlighting the Office of Early Childhood & Youth

The Shelby County Office of Early Childhood & Youth (OECY) coordinates programs, advises policymakers, and promotes community understanding that all children deserve to be healthy, safe, and nurtured.

Collaborating with Just Care Family Network since the organization formally partnered with Shelby County Government in 2012, both agencies work together to advocate, coordinate, and ensure the quality, accountability, and success of informal and formal resources for all children and their families in need.

OECY recently partnered with JCFN and several other community-based organizations to host a series of Wraparound trainings. From these

trainings sprouted a collaborative learning model that launched Wraparound Shelby. “Effective



Office of Early Childhood and Youth's Keisha Walker and Malrie Shelton, pictured with Wraparound Trainer Michelle Stewart-Copes and Dr. Altha Stewart

practice guided by children and families is a core value of the Shelby County Office of Early Childhood and

Youth,” said OECY Administrator Keisha Walker. “Whether we practice the process of high fidelity Wraparound or embrace its principles in our service delivery models, it is inherent that we foster a community of continued learning to better equip professionals to work alongside families for sustainable change.”

“Effective practice guided by children and families is a core value of the Shelby County Office of Early Childhood and Youth.”
Keisha Walker

How Sports Affect Children’s Mental Health

Sports condition both your body and your mind. Apart from the obvious physical prowess required to participate in any sport; you need the mental discipline to maintain your focus.

Improve Your Outlook Sports participation can make you less depressed. The American College of Sports Medicine advocates exercise as a way to alleviate depression in adolescents, citing a 2006 study in the “Journal of Abnormal Psychology” as evidence.

Improve Your Anxiety If you want to feel less anxious, try participating in sports, according to a December 2005 article in the American Journal of

Psychiatry.” The researchers chemically induced a panic attack in two groups of subjects suffering from an anxiety disorder: one who had just finished exercising for 30-minutes and the other who had rested during this time. After



the injection, both groups became more anxious; however, significantly fewer members in the exercising group had a

panic attack compared to the at-rest controls.

Improve Your Self-Perception One of the physical benefits of participating in sports is people tend to lose weight and gain muscle, making themselves look better and improving their self-perception. The Association for Applied Sports Psychology officially lists improved self-perception as a psychological benefit of exercise. Among both male and female teens, level of exercise was associated with feeling better about their body image.

Improve Your Confidence If you are feeling less depressed and anxious and viewing yourself more positively, then you would also feel more confident overall.

Changing the Memphis system...



JCFN sharing information with students and parents at a Hamilton Middle School family breakfast

Dr. Stewart giving a presentation at a Wraparound training for professionals working with transitioning families



JCFN staff pictured with Airways precinct residents and MPD Officer April Colbert at their January Neighborhood Watch meeting

Making life less frustrating...

Dr. Stewart giving the keynote address to a full crowd at the SCHD Mental Health Forum held at the Hilton Memphis



Wraparound Facilitator Danisha Oliver giving a dynamic presentation at the SCHD Mental Health Forum

JCFN Social Marketing Coordinator Jerica Phillips pictured with radio personality and educator Stan Bell at the SCS Family & Community Fair held at the Salvation Army Kroc Center



“We partner with youth and families to link them to the services that they choose.”

Partnering with Youth & Families

Proud JCFN parent Viola Hudson pictured with her daughter Jonisha Sims who received a MLK Commemorative Award at Bloomfield Baptist



Social Marketing Workgroup co-chair William Douglass giving his campaign speech for Vice-President on JCFN Youth Council Election Day

JCFN staff and families participating in a national TA orientation webinar



Youth Advocating for Change...JYC



Just Care Family Network
YOUTH COUNCIL
 Your Voice, Your Vote

Saturday, January 18th 10am-12pm
 JCFN, 1755 Madison Ave. Ste. 501
 High Rise/Williams Tower

Youth Council Election Day

Youth ages 12-19

- Be on time to become a registered member of the youth council before casting YOUR vote for officers.
- The JCFN youth council will empower youth and create young leaders by allowing them to exercise their voice, organize creative and positive community based activities, and combat stigma related to mental illness.
- Youth will participate in a video production workshop with Optimum Studios Director Monroe Ballard, and view advocacy videos by other youth in preparation for making your own mental health awareness music video!

JCFN Youth Council Election Day flyer for January 18th

“A primary goal of Memphis Circle of Love & Care is to empower women to make health their first priority.”



Memphis Circle of Love & Care members

“HELP IS HERE”

Just Care Family Network is proud to announce the formation of its very own youth council! This council was created to empower local youth by giving them an avenue to exercise their voice about current issues they feel are important. Membership in the youth council promotes youth leadership and development. It aims to teach youth how to work together for the greater good of the community and develop values through education, advocacy, and participation in a wide range of activities. The youth council is also a component of JCFN's sustainability efforts as it was created with the goal of promoting youth leadership opportunities exclusively after grant funding has ceased. Youth do not have to be enrolled in Just Care to be a part of the youth council. The youth council is open to all Shelby County youth ages 12-19 who

have the desire to be a part of an organization committed to positive development and changes.



Newly elected JCFN Youth Council officers pictures with Executive Director Dr. Altha Stewart

The youth council recently held elections and we would like to formally introduce our first youth council officers. President Edward Johnson is a student at Lemoyne Owen College who has worked with JCFN on many projects including peer mentoring

during YGEEC camp last summer. Vice-President Shamika Neely, is a sophomore at Trezevant High School who also excelled as a participant in the JCFN sponsored YGEEC summer camp. Ce'Sar Denton, a junior at Trezevant High School will serve as the Event Coordinator. Ce'Sar also began working with JCFN as a YGEEC participant in 2013. And finally, Amir Neely is a ninth grader at Memphis Business Academy and will serve as the Communications Officer. Congratulations to our officers and get ready for great things from our new youth council!

From Advocating for Youth...to Youth Advocates "...because no one does it alone."

Youth Coordinator, Ebony Barnes

Memphis Circle of Love & Care

In partnership with the national Prime Time Sisters Circle, the ladies of the local chapter, Memphis Circle of Love and Care (MCLC) have launched a 12 week, facilitated, interactive support group intervention for African American women between 40-75 years of age. The MCLC will meet 3 times a week. They know that major lifestyle changes can occur successfully with a partner and within a group support structure - e.g. groups to increase exercise, improve stress management, and eliminate addictions to drugs, food and gambling. African American women often have very strong friendships and usually function well inside both family and social groups. Therefore, a potentially effective intervention is for women to make lifestyle changes.

The MCLC is designed to be a culture, gender and age specific,

curriculum in a community based settings e.g. churches; libraries; community and health centers.

The primary goals of MCLC are to:

- *Empower women to make health their first priority
- *Motivate women to improve their health outcomes and reduce obesity and chronic illnesses by increasing knowledge, improving attitudes, and changing behaviors in the targeted risk factor areas of: unmanaged stress; poor nutrition; sedentary behavior; and failure to prioritize their health
- *Reduce risk factors for obesity and chronic illness through a holistic approach to change and prevention
- *Provide the necessary skills and tools through weekly sessions using the GPHIC designed curriculum; facilitators and experts; and daily use of a log for behavior journaling to enable women to replace habits

of disease with habits of health

*Provide individualized plans to live daily lives of primary and secondary prevention

*To assist women with no medical home to find and enter into ongoing health care

*Develop a cadre of women facilitators/community health leaders to institutionalize a health movement in their communities

*Provide long term follow-up through a web-based alumnae association to help women maintain and sustain the health promoting knowledge, attitudes and behaviors gained during the short term weekly group sessions

The ladies are excited about this bonding opportunity and will share updates often. Check the next edition of "Help Is Here" for the latest from MCLC.



Just Care Family Network

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Visit us at www.JCFNmemphis.org

Interested in contributing to the "Help Is Here" newsletter? Contact our Social Marketing Coordinator Jerica Phillips at 901-222-4503

At Just Care Family Network our mission is to change the Memphis system of care to make life easier and less frustrating for the families we serve. We partner with youth and families to link them to services.

Just Care Family Network has partnered with private and public organizations in your community who are devoted to family driven care.

To learn more about Just Care Family Network visit JCFNmemphis.org or to make a referral, please contact our Enrollment Specialist Darria Childress at 901-222-4502.

Find Help

SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

Disaster Distress Helpline
1-800-985-5990
Text TalkWithUs to 66746

"...because no one does it alone."



Happening in February...

*****JCFN Workgroup meetings will continue throughout the month of February. For details call 901-222-4500**

Coordinating Council: 3rd Tuesday

@5pm -JCFN office

Social Marketing: 2nd Tuesday

@5pm -CAYD

Youth & Family Engagement: Last

Tuesday @ 6pm -Location TBA

Care Review: 4th Wednesday

@3pm -Location TBA

Mental Health: 3rd Wednesday

@4pm -SCS Teaching & Learning

Academy

Sustainability: Last Monday @11:30am

-JCFN

Evaluation: 2nd Wednesday @5pm

-CAYD

CLC and Workforce Development

meetings will resume soon

